



What is the "Healthy Habits Challenge"?

The Healthy Habits Challenge is a fun and motivating program to help children practice healthy eating and physical activity behaviors. The Challenge is typically promoted and administered by a parent organization or by health enhancement or classroom teachers as part of their curriculum. It is ideal for grades K-5, but can be adapted for grades K-8.

Through the Healthy Habits Challenge, students work toward weekly and monthly goals that address many aspects of nutrition and active living. This program is a wonderful means of connecting healthy changes occurring at school with behaviors that can be practiced at home.

How does it work?

At the beginning of each month, students bring home goal sheets for the month. This monthly goal sheet is divided into 4 weekly sections, each of which identifies a Healthy Habits Challenge.

Each week, students will be encouraged to complete the Healthy Habits Challenge. For example, one week the Healthy Habits Challenge may be "Eat an orange fruit or vegetable five days this week." The student works hard to fulfill this challenge and upon doing so, obtains a parent and teacher signature on his/her weekly challenge paper. Of course, parents and teachers are encouraged to complete the challenge along with the student!

Completed weekly challenge slips can be submitted for a monthly prize drawing that promotes physical activity. Examples of a monthly prize may be a swim pass to the local pool or a piece of sports equipment like a Frisbee disk or a jump rope.

For an additional motivator for students, at the end of the program a "BIG" prize, such as a bike or skateboard, may be offered for students in a drawing of all program participants.

Developed by

Beverly McHugh, RD and Chris Lambrecht, RD, MS on behalf of Eagle Cliff Elementary School and PTA in Billings, Montana, 2007.

Please give credit to these individuals and school when using the program.

Keys to success for the Healthy Habits Challenge include:

- ❑ Support from school administration;
- ❑ Parent participation and buy-in;
- ❑ Marketing and promotion of the program; and
- ❑ Monetary support for printing costs and weekly prizes.

The Healthy Habits Challenge is designed for the entire school year and can be adapted for use at your school.

How do I measure impact?

Try these simple strategies to measure if this program is helping children and their families practice healthful habits.

1. Monitor the number of children and families that sign up to participate in the beginning of the year and how many children turn in the weekly challenge sheets each week and month.
2. At the end of the school year, survey or interview a group of children from the school that participated in the program to determine reasons for participation and if it helped motivate them to try new foods, practice healthy habits or be more physically active.
3. At the end of the school year, survey or interview a group of parents from the school that participated in the program to determine the impact on their child's and family's eating and physical activity habits. Survey parents that didn't participate as well to determine ways to involve them in the future.



For More Information: Contact the Montana Team Nutrition Program at Montana State University, by telephone at (406) 994-5641 or by e-mail at kbark@mt.gov.

This program was partially supported by a 2006 USDA School Wellness Grant awarded to the Montana Office of Public Instruction.

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Healthy Habits Challenge

September

Welcome Back

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in October. Submit sheets weekly or all at once at the end of the month.

-----Cut or tear here-----

Week 3

Play outdoors for 1 hour or more 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 2

Drink 2 glasses of milk each day for 5 days this week

(Children with milk allergy may substitute rice or soy milk)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 1

Eat a raw vegetable 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____



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Healthy Habits Challenge

October

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in November. Submit completed sheets weekly or all at once at the end of the month.

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Week 5

Eat breakfast for 5 days this week

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 4

Try a food made from squash this week. (Examples: anything made with pumpkin, zucchini, acorn squash, spaghetti squash etc.)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 3

Get together with a friend and bike, scooter, rollerblade, skateboard or walk for 60 minutes or more this week. (Does not have to be all at once).

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 2

Eat something whole grain 5 days this week. Examples, whole wheat bread, oatmeal, brown rice, whole wheat pasta or whole grain breakfast cereal.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 1

Eat an apple a day 5 days this week OR try a new variety of apple this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature) Teacher

Name _____

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November

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in December. Submit completed sheets weekly or all at once at the end of the month.

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Week 4

Eat a green fruit or vegetable each day for 5 days this week. (Examples: pear, green beans, salad, green apple, kiwi etc.)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____



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Week 3

Help prepare a food item for a family meal this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 2

Eat fish once this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 1

Brush your teeth twice a day for 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Healthy Habits Challenge

December

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in January. Submit completed sheets weekly or all at once at the end of the month.

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Week 3

Eat an orange fruit or vegetable 5 days this week. (Examples: carrots, mango, squash, orange, tangerine, orange sweet pepper)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 2

Eat 5 meals with your family this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 1

Avoid drinking pop for at least 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Healthy Habits Challenge

January

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in February. Submit completed sheets weekly or all at once at the end of the month.

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Week 4

Eat 3 servings of fruits or vegetables for 5 days this week. (1 serving = 1/2 cup).

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 3

Limit video game and TV time to 1 hour total per day 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 2

Eat a serving of dried beans or peas this week. (Examples: bean burrito, split pea soup, ham and bean soup, chili).

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____



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Week 1

Wash your hands before meals 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Healthy Habits Challenge

February

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in March. Submit completed sheets weekly or all at once at the end of the month.

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Week 4

Drink 2 glasses of water 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 3

Eat a rainbow of color this week. Eat at least 4 different colored fruits and vegetables this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 2

Have vegetable soup at 1 meal this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 1

Have milk with your supper 5 days this week. (Children with milk allergy may substitute rice or soy milk.)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____



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Healthy Habits Challenge

March

Submit completed and signed challenge sheets to the prize box near the front desk by the first Wednesday in April. Submit completed sheets weekly or all at once at the end of the month.

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Week 3

Eat a low sugar cereal two times this week (at breakfast or for snack). Low sugar cereals have less 6 grams sugar per serving. (Examples: Crispix, Chex, Cheerios, Special K, Rice Krispies, Wheaties, Corn Flakes, Barbara's Puffins, Oatmeal.)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 2

Eat fish or seafood at least one time this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Week 1

Eat a red fruit or vegetable for 5 days this week. (Examples: strawberries, apple, sweet red pepper, red potato, beets)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Healthy Habits Challenge

April

Submit completed and signed challenge sheets to the prize box near the front desk by the last Wednesday in April. Submit completed sheets weekly or all at once at the end of the month.

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Week 4

Play or exercise outdoors for 1 or more hours 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 3

Have a fruit or vegetable at snack 2 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____



-----Cut or tear here-----

Week 2

Visit a park or a playground or go for a hike this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 1

Drink water with your snacks 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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Healthy Habits Challenge

May

Submit completed and signed challenge sheets to the prize box near the front desk by the last Wednesday in May. Submit completed sheets weekly or all at once at the end of the month.

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Week 4

Buy or make a smoothie this week. Use this recipe or make up your own.

Strawberry Banana Smoothie: 3/4 cup orange juice concentrate, 2 ripe bananas, 4 cups frozen strawberries, 1 cup skim milk, 3 TBSP sugar- Makes 4 generous servings.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 3

Eat a sandwich containing a fruit or a vegetable this week. (Examples: peanut butter sandwich with bananas or grated apples, chicken salad with grapes, or add lettuce, cucumber, peppers or other vegetables to your sandwich.)

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 2

Limit TV and video game time to less than 1 hour per day for 5 days this week.

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

-----Cut or tear here-----

Week 1

Eat at least 1 whole grain food daily for 5 days this week. (Examples: whole wheat pasta or macaroni, brown rice, whole wheat bread, oatmeal, whole wheat tortilla. Whole grain breakfast cereal).

_____ has completed this week's healthy habit.

Print Child's Full Name

Signed _____ (parent or guardian signature)

Teacher Name _____

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